

Run/Walk Event Waiver & Release

Warning of Risk

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, mental advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of road racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and fall, collisions with other participants, the effects of weather, dangerous conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Frankfort Park District to guarantee absolute safety.

Important Information

The Frankfort Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Frankfort Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participating. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are solely responsible for selecting and wearing personal protective equipment. Please recognize that roadways are maintained and intended for motor vehicle use and not pedestrian use. Therefore, surface irregularities and other hazards that do not pose safety risks to motor vehicles, may pose risks to joggers and walkers. Prior to the event, all participants should familiarize themselves with the event route, paying close attention to surface irregularities and other potential dangers. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. *Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.*

Waiver of Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participating in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or may child/ward) as a results of participating in this activity against the Frankfort Park District, including its respective officials, agents, volunteers and employees (sponsors) list on waiver (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Illinois.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for an have the same legal effect as an original form signature.

PLEASE PRINT

Participants Name _____ Date _____

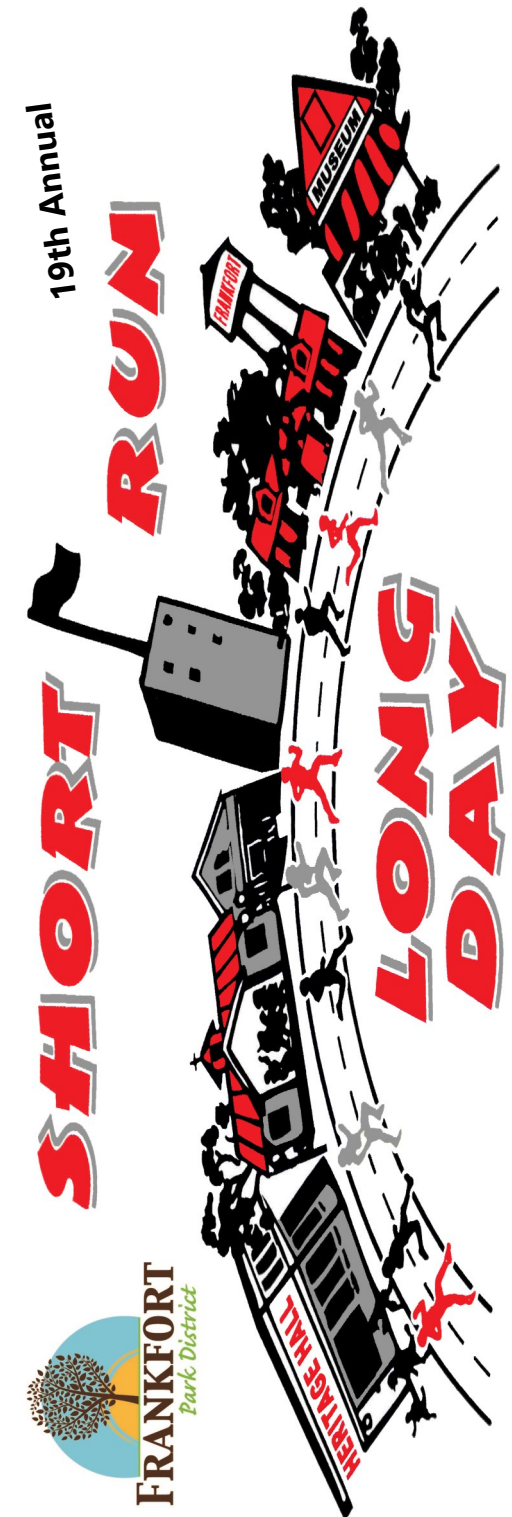
Participants Signature _____ Date _____
(18 years or older Parent / Guardian)

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Wednesday, June 19, 2019

About the Race

When:

Wednesday, June 19, 2019 @ 7:00 pm

Location:

Main Park, 400 Nebraska Street
Frankfort, Illinois 60423

Giveaway Guarantee:

Race giveaways are guaranteed to runners who registered by **Wednesday, May 29.**

Race Day Packet Pick-Up:

Race day packet pick-up will be from 5:30 - 6:45 pm @ Main Park.

Race Day Registration & Packet Pick-Up:

Race day registration will be taken from 6:00 - 6:45 pm @ Main Park. Packet pick-up can also be done at the same location.

Course:

The course is a 5k/3.1 mile U.S. Track & Field Certified route that takes you through the beautifully scenic Old Plank Trail and through the streets of Historic Frankfort. Water will be available on the course.

Parking:

Parking is available @ Main Park, Borg-Warner and neighborhood streets.

For More Information:

Please call the Frankfort Park District at (815) 469-9400 or www.frankfortparks.org.

Race Results:

Disposable timing chip results will be posted on www.frankfortparks.org.

Awards:

Awards will be given for the top overall male & female and the top finisher in each age division, male & female.

Post-Race Activities:

After the completion of the race, stay for the awards presentation, DJ music, healthy snacks, pizza (for runners only), beverages and much more! The whole family is invited to attend the post-race celebration.

Registration Deadlines:

To receive the pre-registration fee amount; all mailed (140 Oak St. Frankfort, IL) / faxed (815) 469-9275 / in-person / online registration forms must be received by 5:00 pm on

Monday, June 17.

On-line registration @ www.signmeup.com/129983 is open until **Tuesday, June 18 at 2:00 pm.**

Registration fees will change to \$30.00 @ 5:00 pm on Mon, June 17.

Volunteering:

Volunteers are needed for street closures, pre-race registration, packet pick-up & post-race activities. If you are interested, please contact Cali DeBella, Special Events Coordinator @ (815) 469-9400 / cdebella@frankfortparks.org



Registration Form:

Please use one form per participant.

Please check your correct age as of

June 19, 2019

Male _____

Female _____

____ 14 - under	____ 15 - 19	____ 20 - 24
____ 25 - 29	____ 30 - 34	____ 35 - 39
____ 40 - 44	____ 45 - 49	____ 50 - 54
____ 55 - 59	____ 60 - 64	____ 65 - 69
____ 70 & Up		

All Fees Are

Non-Refundable

Registration Fee:

____ \$ 20.00 Pre-Registration (by 6/17/19)
____ \$ 30.00 After 5 pm 6/17 til Race Day

Checks payable to: **Frankfort Park District**

Credit Card Number

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Authorized Signature

Exp. Date _____ Security Code _____

Name: _____

Address: _____

City: _____

State / Zip: _____

Phone: _____

Email: _____

Age as of 6/19: ____ Birthdate: ____/____/____

Adult Shirt Size: ____ S ____ M ____ L ____ XL ____ XXL

**Signature needed on back for
event waiver**